



Background

1. The first part of the document discusses the importance of understanding the background of a project or organization. It emphasizes that a thorough understanding of the context is essential for effective decision-making and problem-solving.

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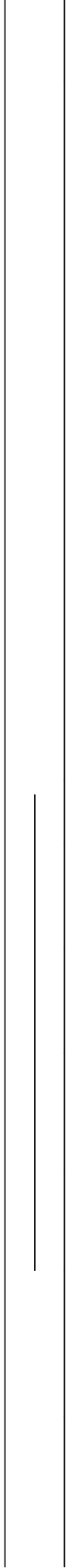


Table 1 The relationship between sedentary behaviour and adiposity (Continued)

No. of participants
(No. of studies)

Table 3 The relationship between sedentary behaviour and psychosocial health

No. of participants (No. of studies)	Design	Quality assessment			Absolute effect			Quality
		Risk of bias	Inconsistency	Indirectness	Imprecision	Other		
<p>The range of mean ages at time of exposure measurement was ~1 to 4.3 years; the oldest mean age at follow-up was ~12 years. Data were collected by randomized trial, cross-sectionally, and up to 9.5 years of follow-up. Psychosocial health measures were: aggression toward a sibling (assessed by the Aggressive Sibling Social Behavior Scale); aggressive behaviours/aggression, delinquent behaviours, total behaviour problems, externalizing problems, internalizing problems, emotional reactivity, anxious or depressed symptoms, and attention problems (assessed by the CBCL or Japanese CBCL); attentional problems (assessed by the Hyperactivity subscale of the BPI); attention problems and hyperactivity (assessed by the BASC-2); bullying (assessed by unpublished questionnaire); co-operation, assertion, responsibility, self-control, and total social skills (assessed by the Social Skills Rating System); emotional symptoms/problems, conduct problems, hyperactivity.</p>								

Table 8 High-level summary of findings by health indicator

Health indicator	Number of studies	Quality of evidence	Summary of findings: Number of studies reporting unfavourable/null/favourable associations with at least one health indicator measure by SB type ^a
Critical			
Adiposity	60	Very low to moderate	<p>Objectively measured sedentary time:</p> <p>Sedentary time in 30-min bouts (accelerometer-derived): null (1)</p> <p>Total sedentary time (accelerometer-derived): unfavourable (1), null (12)</p> <p>Screen-based sedentary behaviours:</p> <p>Computer (duration, frequency): unfavourable (1), null (6)</p> <p>Internet (duration): null (1)</p> <p>Total screen time (duration): unfavourable (9), null (14)</p> <p>TV time (duration): unfavourable (20), null (24), favourable (2)</p> <p>Video games (duration): unfavourable (1)</p> <p>Other screens (DVDs/videos; duration): unfavourable (1), null (1)</p> <p>Other sedentary behaviours:</p> <p>Reading (duration): null (1)</p> <p>Sitting (baby seats, car, sedentary quiet play; duration): unfavourable (2), null (4), favourable (1)</p>
Motor development	7	Very low	<p>Objectively measured sedentary time:</p> <p>Sedentary time in 30-min bouts (accelerometer-derived): null (1)</p> <p>Total sedentary time (accelerometer-derived): unfavourable (1), null (2)</p> <p>Screen-based sedentary behaviours:</p> <p>TV time (duration): unfavourable (2), null (3)</p> <p>Other sedentary behaviours:</p> <p>Sitting (baby carrier/sling, car seat, high chair/other chair, playpen, stroller; duration): null (1), favourable (1)</p> <p>Supine position (duration): unfavourable (1), null (1)</p>
Psychosocial health	15	Very low to moderate	<p>Objectively measured sedentary time:</p> <p>Total sedentary time (accelerometer-derived): null (1)</p> <p>Screen-based sedentary behaviours:</p> <p>Computer (duration): unfavourable (1), null (1)</p> <p>Total screen time (duration): unfavourable (1)</p> <p>TV time (duration): unfavourable (9), null (11), favourable (2)</p>
Cognitive development	25	Very low	<p>Objectively measured sedentary time:</p> <p>Total sedentary time (accelerometer-derived): null (1)</p> <p>Screen-based sedentary behaviours:</p> <p>Computer (yes, no): null (1)</p> <p>Mobile phone use (yes, no): unfavourable (1)</p> <p>Total screen time (duration): unfavourable (1)</p> <p>TV time (duration): unfavourable (11), null (10), favourable (1)</p> <p>Video games (duration): null (1)</p> <p>Other screens (total or electronic media exposure; duration): unfavourable (2), null (1)</p>

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Fitness

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